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Healthy Children in Happy Homes . . .

An Interview With Estella Ford Warner

By Bernice Borgman

THE home has three responsibilities in the promotion of a child health program. The first is to maintain a healthy mental attitude of each member of the family. Next comes the need of providing correct diets for the children. Last is the prevention and control of communicable diseases.

That is the way Dr. Estella Ford Warner, director of the Division of Child

him. I've disciplined myself quite severely in this matter of eating spinach, but if it is served to me like that—well, I simply—” Dr. Warner shrugged her shoulders and laughed lightly.

A third big function of the home is the prevention and control of communicable disease, Dr. Warner stated. Children should be immunized, she said, particularly to smallpox and diphtheria, before going to school. Dr. Warner thinks the neglect of parents to have their children immunized is largely a matter of indifference.

“The expense may be a drawback in some cases, but usually there are ways and means if one is really anxious to have it done,” she said. “It’s something that people plan to have done—oh, sometime.”

As to Iowa’s major problems in child health, Dr. Warner conservatively remarked, “I haven’t been asked to make a study of Iowa’s health problems, so I cannot say what her major ones are. But some problems which I know exist in this state are those of inadequate prenatal care and respiratory and infectious diseases.”

OF THE infectious diseases, smallpox is the most prevalent, she continued, and much to Iowa’s disgrace, because it is controllable through immunization.

In a talk on child hygiene which Dr. Warner gave on Tuesday of Farm and Home Week she challenged Iowa mothers to be personally responsible for aiding in lowering death rates in diphtheria, smallpox and maternity cases. Iowa, she said, has a long way to go in the health

program, and much can be accomplished through education of parents and physicians.

The United States Public Health Service, with which Dr. Warner has been employed for the last 15 years, carries on vast research in child hygiene. Studies are made of seasonal and sex variations in height and weight of children, the first appearance and progress of visual and hearing defects, especially of school children, the effects of different types of birth upon the behavior and mental development of the children and mortality rates of infants and mothers.

Application of results follows the research. Schools are informed how to detect and prevent ear and eye defects.

Another phase of the Public Health Service is that of assisting state health departments in administrative problems of child health, analyzing local problems and giving advisory service.

There is also the educational program, which consists of preparing material for distribution and cooperating with other organizations engaged in child welfare projects.

Before entering her present work Dr. Warner was engaged in many different phases of child health work. For a time she practiced pediatrics in Portland, Ore. She also directed various health movements, one of which was a 5-year program in child health in Marion County, Ore.

She considers her medical work in northern Russia during the World War the most interesting of her health projects. Here she worked with women and

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Hygiene of the United States Public Health Service, in a recent interview pictured this work of the modern home.

Dr. Warner spoke on child hygiene to Iowa homemakers at several of the home economics meetings of Farm and Home Week.

Dr. Warner placed mental health first because she believes that it is vividly reflected in homes today.

“When papa and mamma become edgy about finances the atmosphere of insecurity at once leaves its ill effects upon the children’s health,” she said.

She explained how home difficulties are increased when aunts, uncles and cousins must move in with the family and the conversation continually revolves about what they can and cannot afford.

People accustomed to a high standard of living develop an inferiority complex when they are forced to do without the things they formerly have had, she said. In all these situations the child is the first to suffer, she believes.

THE home’s second duty in the health program, Dr. Warner stated, is to provide the child with correct diets.

“And by diets I mean not only the food that goes into the meals but also the manner in which it is prepared and served,” she added decisively. “I do not blame any child for revolting at the sight of a plate of watery spinach set before



Soup or Dessert

By Betty Melcher

"EVERYTHING from soup to nuts" is old stuff, but who ever heard of a dish that was soup and dessert at the same time. It's a nourishing milk soup that's as handy as can be. When you need soup on the menu you use the recipe as is. If you can't think of a good dessert, the soup can be dressed up and there you are. Snow milk is a favorite soup of the old German housewives.

SNOW MILK

$\frac{3}{4}$ quart milk
 $\frac{1}{2}$ quart water
 2 tbsp. sugar
 2 eggs
 f. g. salt

Separate the yolks and whites of the eggs, and dilute the milk with water. Sugar, salt, milk and egg yolks should be combined and heated to the boiling point. That part of the soup is finished.

Apply your stiffest egg beater and plenty of wrist action to the whites of eggs. Pour the soup into bowls and gently drop fluffs of beaten egg whites on the surface, a tablespoonful at a time.

Have you decided to have soup on your menu? Then you may serve your dish as it is. Or if you prefer a cold soup for variety, it may be chilled before serving. If the family is clamoring for a dessert, then sprinkle the dish with sugar and cinnamon and chill.

Learning to give and take is perhaps the most important gain to the little child from association with other children.

To remove scorch from table linen, make a paste of clothes starch and water, spread it on the scorched surface and place in the sun to dry, then brush.

"Nutritioning" in Chicago

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are sent to persons exhibiting even the slightest bit of interest in public health and nutrition in the hope that another means of bringing science to the community will be effective.

To reinforce the direct family and office work of the nutritionist, trips are made to clinics assisting the clients, to stores selling to them, to settlement houses where clients are engaged in activities which may be sources of help for the needed nutrition tie-up.

Every case presents a new situation to invite the services of one who is wishing for the opportunity to use all she has learned theoretically and practically in college—combined with good common sense and understanding. And every situation teaches one that much more! Could one ask for more in a job?

Healthy Children

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children who were refugees of war and politics.

Dr. Warner claims Oregon as her home state, although she was born in Michigan, reared in Alaska and educated in Oregon.

When she is not talking business Dr. Warner is quite a domestic person. She loves to knit and does it frequently for relaxation. In passing a display of lovely colored fabrics in Home Economics Hall she laughingly remarked, "I'd like to snitch a piece to recover a pillow I have at home."

She was enthusiastic over the color and design of the quilts exhibited in Home Economics Hall. "But I'd never have the patience to make a quilt," she remarked. "I must do things in which I can see that I am getting something done."

This remark expresses Dr. Warner's vivaciousness. Her sparkling brown eyes, ready smile and brisk walk reveal that she is a person who is keenly alive and ready to be of service to anybody who needs her.

Anna Richardson

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"The home's most important functions need to be studied to determine which can be perpetuated and which might better be turned over to other agencies which can discharge them just as well or more efficiently."

In any work she undertook, her quiet, careful thinking gave weight to her decisions and confidence to her coworkers. Her philosophy of work and life has enriched the lives of all home economics students at Ames, because of the fine, high standards she left to us.

THE HOUSEWIFE'S HYMN

O God, I seem to find Thee everywhere!
 The steam that rises from the kettle there
 Seems more a miracle, somehow, to me
 Than all the heavenly marvels that I see.
 The hum of dear things cooking on the range
 Fills me with rapture. Father, is it strange
 Since these Thy products are of grain and food
 And Thou Thyself hast called them very good?

—Angela Morgan.

Ya know when ya got a real friend
 ya don't have to do no talkin' at all.
 Ya just sit; that's all. A guy understands that you can't be talkin' all the time. Nobody's feelin's is hurt. What's the use of all the talkin'? It doesn't get ya no place.

—Skippy.



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